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ISSUE 7 2023

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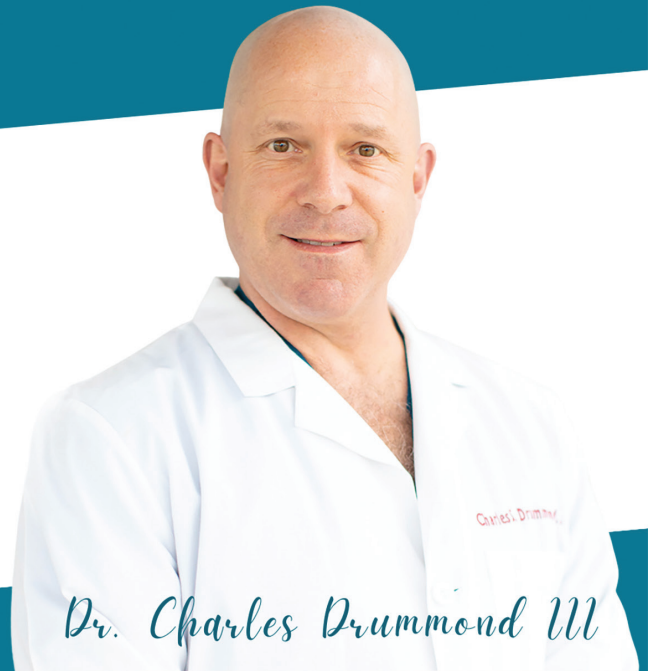
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Savoring the Summer Delights

Embracing the Tastes of Connection and Joy

AS THE sun casts its golden glow upon our world, we find ourselves awakening to the delights of summer – the vibrant colors, the warm breezes, and the echoes of laughter and togetherness. With the arrival of this cherished season, we unpack our picnic baskets, dust off our grills, and embark on a culinary journey that celebrates the tastes of connection and joy. Picture yourself lounging on a sun-kissed beach, surrounded by loved ones, as the tantalizing aroma of sizzling barbecues and refreshing fruit salads fills the air. Each bite becomes a portal to shared memories and the bonds that make our summers truly special.

Within this symphony of flavors, taste reigns supreme, captivating our senses and igniting our palates with delight. It possesses the enchanting ability to transport us to cherished moments in time, where the sweetness of ice cream cones, the tang of grilled seafood, and the juiciness of summer fruits evoke the essence of carefree days and long-lasting friendships. Just as the sun embraces us with its warmth, taste

weaves together the threads of connection, uniting generations and cultures through the art of shared culinary experiences.

Food, once a simple means of sustenance, has blossomed into a catalyst for a deeper sense of togetherness and celebration. It serves as the foundation upon which we build lasting memories, uniting families, friends, and communities. From the lively neighborhood block parties to the lively chatter of farmers' markets, summer is the season when local food establishments take center stage, showcasing their delectable offerings and embodying the spirit of our vibrant communities.

So, as the sun casts its warm embrace upon us, let us seize the summer moments. Immerse yourself in the delight of every bite. Embrace the joy of shared meals with loved ones, knowing that within those sun-kissed flavors lies the essence of togetherness. In the pages of Good News, we invite you to savor the stories that unite us through food, forging connections that nourish not only our bodies but also our souls. **GN**

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CHAPTER 1 OF 3

This section of the magazine covers local positive news you may have missed.

- 14 Food truck sensations
- 18 Tennessee witnesses the power of collaboration
- 22 National Honor Flight program pays tribute to courageous veterans and their service

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Photo submitted by Claude Morse

◀ Gene Durham, Larry Inman, and Jimbo Durham



▲ Jonathan and Jacqueline Mondragon of Tacos Del Dragon

Food truck sensations

Explore how food trucks support the local community while serving delicious, affordable meals.

By Jeriah Brumfield // Photography by Ashleigh Newnes

A CULINARY REVOLUTION is happening on four wheels in our warm, vibrant community, where hospitality runs deep. Food trucks are taking small towns by storm, and it's time we stop and savor the charm they bring to our communities.

With finger-licking barbecue, Mexican cuisine, farm-fresh fare, and more, these mobile restaurants serve dishes that will make your taste buds dance. If you haven't yet experienced the wave of food truck goodness, you will want to add it to your summer "to-do list."

A TASTE OF HOME

There's something special about food trucks and events like Southern Family Market food trucks. These vendors often

rely on family recipes passed down through generations, infusing their offerings with love and tradition.

When you step up to the window of a food truck, you're not just getting a meal — you're getting a taste of home, served with a warm smile. It's a connection to our various cultures that is hard to find in the hustle and bustle of modern life.

SUPPORTING LOCAL ECONOMIES

Food trucks are vital for local economies. By sourcing ingredients locally, they support sustainable agriculture and keep money within the community. They offer the community high-quality, affordable meals with lower overhead costs than traditional restaurants.

By spending your hard-earned dollars at a food truck, you're investing in your neighbors and the future of your town.

FOSTERING COMMUNITY CONNECTIONS

There's something about gathering around a food truck that brings people together. In an age where we're glued to our screens, these mobile eateries offer a chance to slow down, connect with others, and share the simple pleasure of a good meal.

Taylor Robinson with Slick Pig BBQ said, "We believe it is important to show our gratitude by giving back to the community in any way that we can. It is so rewarding to see people gather over one of our meals and be happy together!"

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From weekend festivals to lunchtime gatherings at the family market, food trucks create a sense of community that's hard to replicate elsewhere. They remind us that sometimes the best conversations happen over a plate of pulled pork or a bowl of shaved ice.

EMBRACING CULINARY CREATIVITY

Food trucks are culinary playgrounds where cooks experiment and push the boundaries of Southern cuisine. They fuse Southern flavors with international influences and reimagine classic comfort foods. These mobile kitchens redefine small-town cooking.



If you're looking to explore the food truck scene, here are some recommendations for standout food trucks in the area:

- **Tacos Del Dragon** - This food truck offers various authentic Mexican flavors. Be sure to try their delicious Surf n' Turf Taco and refreshing Jarritos.
- **Slick Pig BBQ** - Known for their delicious barbecue sandwiches, don't miss out on the slow-smoked beef brisket and their refreshing Jojo's Fruit Tea.
- **SnoBros Shaved Ice** - This dessert truck offers an array of shaved icy treats with unique and delectable flavors for those with a sweet tooth. The pina colada is a must-try.

"Food trucks are a gateway to experience new and bold flavors that you just cannot find anywhere else. Each food truck delivers its own uniqueness and delightful palette of flavors. So the next time you see a food truck, do not be afraid to give it a shot. You will be surprised at what you can find," Jonathan Mondragon with Tacos Del Dragon said. **GN**

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▲ Zach Harris, Eric Frazier, and Cliff Harris

Tennessee witnesses the power of collaboration.

The 'Helping a Hero' organization collaborates with the state of Tennessee and generous donors to house veteran Eric Frazier.

By Jeriah Brumfield // Photography by Ashleigh Newnes and submitted by Cliff Harris

NESTLED IN a charming, close-knit community, where the American flag dances in the breeze and freshly cut grass invigorates the soul, stands the cozy yet stately home of double-amputee Marine Corps veteran Eric Frazier. This courageous soldier, devoted to his beloved country, now finds solace in this welcoming haven. Once ablaze with patriotism, his eyes now reflect deep wisdom from profound experiences. Despite bearing battle scars, his indomitable spirit soars ever higher.

With a family full of soldiers, including his father, Frazier found it his calling to serve in the Marines and enlisted in the U.S. Marine Corps in 2003.

Three years later, during his deployment to Iraq, in 2006, his Humvee encountered an improvised ex-

plosive device (IED) while on patrol. He found himself at Walter Reed Army Medical Center five days later, only to wake up to his arm in a cast, a hand severely injured, a broken jaw, and both legs amputated.

Through enduring rigorous physical therapy, Frazier triumphed over adversity, learning to walk again using prosthetics within months.

In September 2022, the Helping a Hero organization began rallying its partners and donors to bless Frazier with a new, accessible home.

Widely known for its Wounded Hero Home program, the organization, based out of Houston, Texas, partners with builders, developers, veterans, and their communities to provide adaptable homes for veterans.

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Meredith Iler, the founder and CEO of Helping a Hero, is working alongside Johnny Morris with Bass Pro Shops to conduct the 100-home challenge. They aim to provide 100 veterans with accessible, specially adapted, paid-for homes that fit their needs.

These specially adapted abodes are built to help enhance the veteran's independence by including features such as roll-in showers, roll-under sinks, and wheelchair ramps.

Cliff Harris, owner of Harris Construction in Manchester, was selected by word-of-mouth as the contractor to build the home for Frazier, a double-amputee.

Without hesitation, Harris agreed, and the company, along with numerous other partners, is well on its way to providing a warm, loving home for the Marine Corps veteran.

"It was a no-brainer. We could help a veteran. That's what we do is help people build homes and other projects."

Frazier's new 3,000-square-foot home is a full-on custom build, and every square inch of it will provide the veteran with easy maneuvering from the outside into the house. Everything is fully adaptable, from a wheelchair-accessible shower to easy access to his whirlpool tub, bedroom closet, and cabinetry.

"It's a really fabulous house. The garage is 1,000 square feet or better, and it's heated and cooled. And

there'll be some accessories in there, like a drop zone. And some other people are donating things like projector screens for recreation. And then he has this beautiful screened-in porch. There are no steps in the whole house. Everything is unique to his needs," said Harris.

Eric Frazier's home is a testament to the generosity of numerous donors and companies who have contributed their time, money, and services to help a hero.

Welborn Cabinetry, a renowned Alabama-based cabinet company known for its appearances in Southern Living magazines, graciously provided all the cabinetry for the home, which will also be featured on their website for model homes.

ABC Roof supplied shingles, while Tullahoma Building Supply donated millwork, doorknobs, and other essentials. Sherwin-Williams also offered their services to support the organization's efforts. Clark Carden with C&G, a Manchester-based company specializing in exterior siding and trim, provided Harris Construction with all the exterior needs for the home.

"We're fortunate because we got quite a bit of help. And it's truly been a great process to help because that's just what we are designed to do — help one another. So, when you get called to be able to do that, it's such a great feeling," Harris said. **GN**



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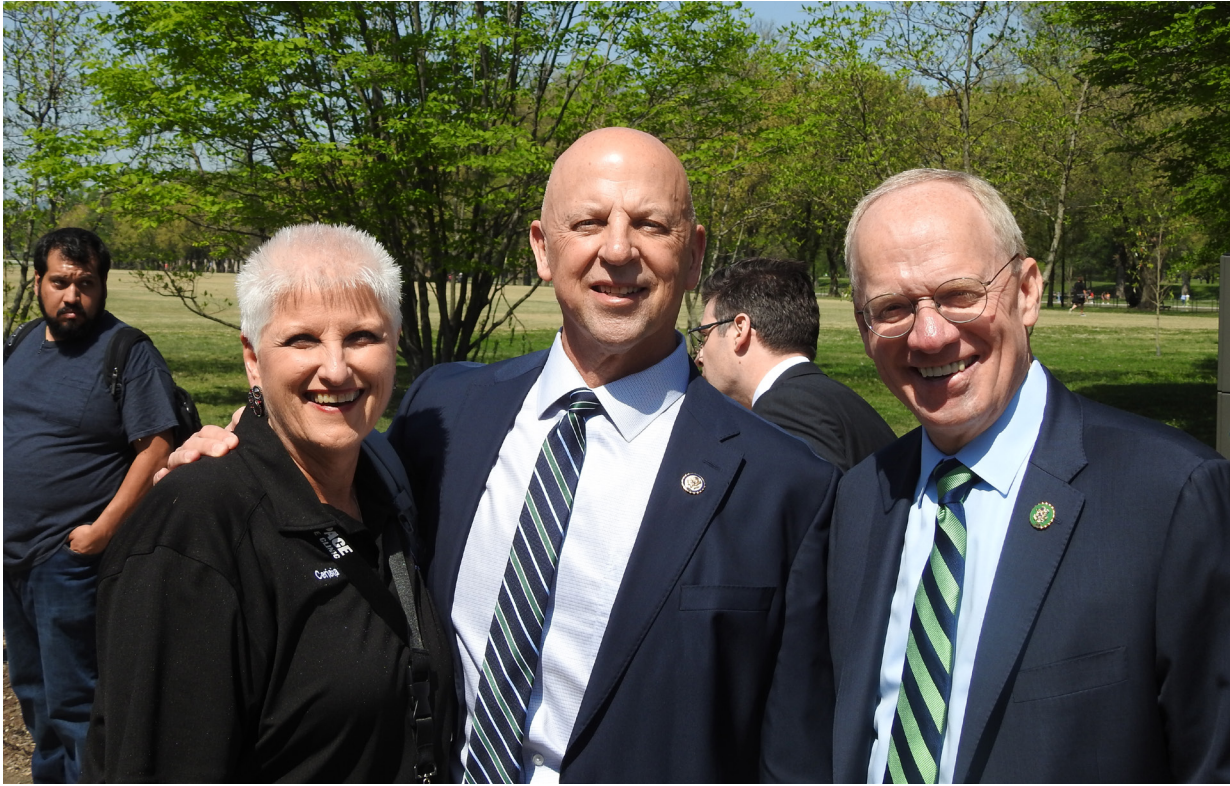
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▲ Honor Flight: Dr. Cerisia Cummings, Congressman Scott DesJarlais, and Congressman John Rose

National Honor Flight program pays tribute to courageous veterans and their service.

A great initiative takes war veterans on a journey to remember.

By Jeriah Brumfield // Photos submitted by Claude Morse

VARIOUS INITIATIVES have been established to pay tribute to brave veterans and keep their legacy alive. One remarkable initiative that garnered widespread attention and admiration is the National Honor Flight program. This unique program, founded by an Air Force captain and a physician assistant in Dayton, Ohio, began in 2004 with a mission to transport veterans to Washington, D.C., to experience the various museums dedicated to their service and sacrifices.

The program has blossomed into a remarkable experience for war veterans all over the nation. Founded by a devoted Air Force captain and physician assistant, hailing from Dayton, Ohio, Honor Flight ignites a spectacular all-expenses-paid adventure for war veterans as they embark on an unforgettable journey to witness the special memorials of Washington, D.C. Each hero is

provided a particular polo shirt, hat, and backpack with vital adornment symbolizing their distinguished service.

In 2008, the Southern Middle Tennessee Honor Flight was established. Under the guidance of Claude Morse, a retired Air Force public affairs officer and Vietnam veteran, the organization expanded and established Honor Flights in numerous areas within the U.S. beginning in 2011.

“We cover the majority of Tennessee, and we take veterans from Kentucky or Alabama and Northern Georgia that apply. Our priority goes to terminally ill veterans from any war. We rarely see that, but that would be a terminal veteran that the doctor says can go on a trip for a day,” Morse remarked.

Their next priority focuses on Korean War veterans, with any remaining seats allocated to 70% or more disabled Vietnam veterans.

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▲ Veterans and flight crew on an Honor Flight

As the national anthem floods the air, the veterans enjoy a hearty breakfast of sausage, biscuits, and coffee, reminiscing about their days in uniform. Soon, they board a flight headed to the nation's Capitol, where a heartwarming welcome awaits them. Thunderous applause and jubilant cheers surround them.

This memorable day offers a rare opportunity for camaraderie among veterans, rekindling special bonds forged years ago on battlefields far from home. The vivid memories of shared sacrifice and courage come alive as they explore the solemn grounds of the World War II Memorial, Korean War Memorial, Vietnam Wall, Iwo Jima Memorial, and Arlington National Cemetery.

Besides the awe-inspiring monuments, the veterans have the honor of meeting esteemed members of the Tennessee Con-

gressional Delegation and indulging in a wonderful meal.

An unexpected delight graces the journey as the heroes receive a surprise mail call filled with heartfelt letters and cards written by children, ROTC cadets, and adoring family members, similar to what they experienced in Basic Military Training at the start of their career.

As the day draws to a close, the veterans are welcomed back to the airport with open arms, escorted by the Patriot Guard Riders and other esteemed civic groups.

Honor Flight is a powerful experience for numerous veterans, encouraging them to open up about their difficult wartime experiences, often sharing these stories for the first time. This extraordinary event's profound impact is such that some veterans have even asked to be buried in their Hon-

or Flight polo shirts, a testament to the cherished memories imprinted in their hearts during that unforgettable day.

"Every flight we get, we get the feedback that is just heartwarming from all the veterans. And after every flight, all the phone calls come to me. I get dozens of phone calls with people asking, 'How does my uncle get on the next flight?'"

The organization completed its 25th Honor Flight this past April. The organization hosts two flights yearly, one in the spring, usually in April, and one in September. The next flight is tentatively planned for September 27. GN

Visit honorflightmidtn.org or call (833)-HONORUS to get involved with the Honor Flight of Middle Tennessee.



▲ Buzz Thayer

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BEST of the BEST



Tina Taylor and Brooxie Caldwell holding The Silver Level of the company's Honor Club for 2023 at Americare's annual awards ceremony.

Our Honor Club achievement is the result of a team effort," comments Tina Taylor, Administrator. "It belongs to the entire staff. Each day we work hard to deliver person-centered care and to operate in a way that is true to Americare's philosophy. We're very proud to have been recognized for our efforts," she finishes.

"The company considers a nomination in any one category quite an achievement," comments Americare President Michael Hammond. "The community that actually wins the award is simply the best of the best and truly reflects quality that has made Americare a trusted name in eldercare services," he adds.



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Good News

CHAPTER 2 OF 3

This section of the magazine covers local people or businesses you need to know about.

- 28 Threads of triumph stitched in history
- 32 Southern charm lives on
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- 54 Putting the “special” in specialty items
- 56 Faith: Embracing your “different”

Our stories are based on submissions from local people.

Submit yours here:



goodnewsmags.com

Photography by Ashleigh Newnes

◀ Joyce Anne Ladd, Jane Clouse Lusk, and Wanda Sue Banks

Threads of TRIUMPH

stitched in history



Unraveling the Clouse family's rich history

By Jeriah Brumfield // Photography by Ashleigh Newnes

IF YOU were to ask what a family quilt and education have in common, the Clouse family would offer a simple answer: family history. The Clouse family's history symbolizes resilience and triumph, a testament to the power of education and the bonds of kinship. Their handcrafted quilt and passion for education weaves together the threads of their history, revealing the challenges they faced and the dreams they pursued.

Jane Clouse Lusk's father, Mr. Clouse's determination to learn, despite walking to school barefoot in the snow, laid the foundation for the family's commitment to education. From age 5 1/2, he defied the odds while battling an injury that affected him in his infancy to obtain an eighth grade education.

Riding horseback or bicycles for 5 miles to attend high school, he continued his quest for knowledge, graduating in 3 1/2 years with the class of 1925 at 23 years old. With his high school degree, he embarked on a teaching career, all while juggling farming and other responsibilities.

Jane said, "It was very difficult for my daddy to get his degree, but he got it. And he was so proud."

Jane's mother, "Mama," and the backbone of the family, had to sacrifice her own education to care for her siblings. Yet, her desire for her children to achieve their academic potential remained unwavering. She made clothes out of flour sacks, cooked three meals a day for nine family members, and nurtured their spirits with her steadfast love. Jane lovingly compares her mother to the "virtuous woman," famously discussed in the bible.







▲ Wanda Sue Banks, Joyce Anne Ladd, and Jane Clouse Lusk

As the years passed, the Clouse family persevered. They moved, worked, and strived to create a better future. Their father, who eventually returned to the teaching profession, continued his education alongside his teaching duties, eventually earning his degree, at the remarkable age of 56, from Middle Tennessee State University. The pursuit of knowledge became ingrained in their family's fabric.

The Clouse family's commitment to education did not end with their parents. Their children carried the torch, supporting one another through college. They earned their degrees with their uncle's financial aid and the determination their father instilled.

Out of nine children, one passed away at birth and another at age 3 due to leukemia. However, the remaining siblings flourished, achieving undergraduate degrees. Four worked toward post-graduate studies. The girls embraced teaching careers while the boys pursued math. One graduated and pursued a successful engineering career.

After receiving her degree, Jane spent a few years teaching in England on the Air Force base. Though, her experience teaching in England compared to America was completely different.

"It was very different. I remember having anything I needed to teach with. When I got back to the States, I didn't have that. I

"This is 50 years of family memories stitched in a quilt."

- Jane Clouse Lusk



struggled. I had to buy things myself. Back when I started, we had no planning time at all. I started out teaching first grade, and you go from 8 [a.m.] to 3 [p.m.] without a break at all. You're worn out."

Nevertheless, Jane pressed on, much like her father, and the family treasured their story so much that they decided to create something that symbolized their journeys.

At that point, their quilt came to life — a physical manifestation of their shared journey. Each square tells a different story, depicting their humble home, the birth of their children, and their educational endeavors. It encapsulates their father's teaching career, their mother's talent for

painting, and the unity that carried them through their struggles.

"This is 50 years of family memories stitched in a quilt," Jane said.

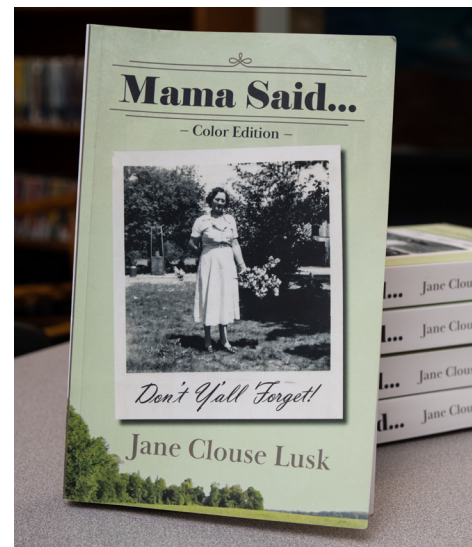
This quilt, painstakingly crafted over two years, serves as a living testament to their journey, and Jane Clouse Lusk, one of the many Clouse siblings, keeps her family's legacy burning bright.

Along with the special quilt to commemorate their family's legacy, Jane wrote a book called, "Mama Said, 'Don't Y'all Forget...'" with each chapter starting with something "Mama" always said to her children.

She explained, "It tells about our upbringing. I have one chapter about our education, one about school games we played together and all that, and how we took a bath at Floyd's Creek. We'd go down there and wash off. It's all in that book, and it's history. But the quilt also has a lot of history."

The Clouse family's story is one of strength, determination, and the transformative power of education. It serves as an inspiration to all who encounter it — a

reminder that with unwavering belief, the support of loved ones, and the pursuit of knowledge, even the most challenging obstacles can be overcome. Much like their educational history, the quilt symbolizes their legacy — a legacy of academic excellence, familial bonds, and the unyielding spirit that defined the Clouse family. **GN**



Southern charm lives on

Tennessee family keeps small-town charm alive by purchasing Murfreesboro's beloved country store.

By Jeriah Brumfield
Photography by Ashleigh Newnes



LANE, ALEXANDRIA,
CALEB, AND
LEVI GREGORY



64

Bradyville

70

Woodbury

GREGORY'S
BEECH GROVE
COUNTRY STORE

YOU ARE HERE



FUDGE AROUND



41

Hood

GARRISON FORK





“

We had no idea if we were going to make it or break it on this or what kind of support we would have. But we knew that we felt like the community would be happy with something we could create, and we just went for it and hoped we were right, and they would support us.

-Alex Gregory



ALEXANDRIA AND CALEB GREGORY

“

A good portion of our people come here for breakfast.

-Caleb Gregory

Caleb and Alex Gregory, a couple from Middle Tennessee, unexpectedly found themselves as the new owners of a charming restaurant in Wartrace. After relocating to the area with their two sons, Levi and Lane, they fell in love with the original family-owned country restaurant's delicious homemade biscuits. The Gregorlys knew they had to preserve this community gem when the business went up for sale.

“At the time, Levi, our oldest son, was 2, and he just started calling it the biscuit store. We drove by, and he would yell that he wanted to stop for a biscuit.”

Eventually, the Gregory family shared this delicious gem with their parents and grandparents, and it became a family tradition to feast on some of the best biscuits in town.

“Eventually, our whole family fell in love with these biscuits and started eating them every day.”

In August 2022, they purchased and transformed the historic building into Gregory's Beechgrove Country Store & Kitchen. During renovations, they uncovered stunning original paneling from 1938, now proudly displayed. The cozy eatery offers a warm, nostalgic atmosphere and a menu that reflects their family's tastes, including items named after their sons.



“We had just relocated and dug our roots and planned on being out here until the boys were out of school. So we were heartbroken that the only place here for the community might go away because you don't know who would potentially buy it. So really, the only thing we knew to do was just jump in there and buy it and do our best to keep it open,” Alex said.

She continued, “I wanted our boys when they got old enough to drive... I just wanted them to be able to, on the way to school, stop in and get a biscuit and still see the farmer sitting at a table talking. Unless we bought it and made sure it was a safe place that would continue to serve the community, we couldn't guarantee that that would happen.”

The store's warm environment provides comfort and a Southern charm and style, similar to Cracker Barrel. It's a place that may remind you of your summer visits to “mom and pop” restaurants with your grandparents after school lets out.

The couple introduced Fish Fry Fridays, featuring mouthwatering Southern, home-cooked catfish and hush puppies. They also added their own flair to the menu, Caleb's favorite — hot chicken.

Caleb's love for Southern hot chicken led to the addition of a tasty hot chicken sandwich, perfected by Alex's grandmother, who happens to be the main cook.

Their menu truly reflects their family, featuring newer items named after their two boys — Levi and Lane.

“Levi” is a pancake breakfast plate. It comes with two massive pancakes. They look beautiful on a plate. And then the ‘Lane’ is an omelet with hashbrowns.”

Aside from Fish Fry Fridays, another popular tradition for the restaurant is its delicious home-cooked breakfast.

Caleb said, “A good portion of our people come here for breakfast.”

With a heartfelt commitment to their community, the Gregorlys hope to continue delighting patrons with their delicious offerings.



ALEXANDRIA,
LANE, LEVI, AND
CALEB GREGORY

This family-run business has become a true community treasure, serving high-quality, home-cooked food while battling inflation, staffing issues, and many other challenges affecting business owners.

Before the couple married, Caleb often joked with Alex that he dreamed of sitting on his porch one day and looking at his cows.

A year after they were married, they bought their first farm. Initially hesitant about the transition, Alex fell in love with its serenity.

“We started to get into cattle. And then, once we had children, especially sons, we loved that they would be raised on a farm and understand the importance of caring for something other than yourself — animals,” Alex said.

The couple's passion for farming and raising their children in a nurturing environment has fueled their commitment to providing exceptional service to their community. As they continue to grow and evolve, they hope to introduce live music

and other exciting offerings while focusing on delicious, homemade dishes (and the town's best home-cooked biscuits) that delight their patrons.

Alex remarked, “We had no idea if we were going to make it or break it on this or what kind of support we would have. But we knew that we felt like the community would be happy with something we could create, and we just went for it and hoped we were right, and they would support us.” GN

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THE FOOD ISSUE

**Local
restaurants
play a vital role
in our economy
and community.**

*NOURISH OUR
CONNECTIONS WITH FOOD.*

IN THE heart of our community, tucked away at familiar corners, lie vibrant havens: local restaurants. These culinary gems play an indispensable role in creating a healthy and robust economy while simultaneously weaving an intricate tapestry of connections that make our home truly feel like home. Beyond their delectable dishes and inviting ambiance, these establishments hold the power to unite us, fuel our sense of belonging, and contribute to the very fabric of our community.

Local restaurants serve as economic engines, driving growth and prosperity within our neighborhoods. They generate employment opportunities, providing livelihoods for a range of individuals and supporting the livelihoods of countless families. As we step through their doors, we become participants in a



virtuous cycle where our patronage directly fuels local economic development. The dollars we spend at these establishments ripple through the community, fostering increased job stability, tax revenue, and overall financial well-being. By choosing to dine locally, we actively contribute to the vitality of our economy, ensuring that our hometown thrives.

Yet, the impact of local restaurants extends far beyond economic prosperity. They hold the power to cultivate a profound sense of connection and belonging within our community. These establishments become the backdrop for cherished memories and shared experiences. We gather around tables, savoring meals that reflect our region's unique flavors and traditions. The local chef who pours their heart and soul into each dish becomes a familiar

face, a beacon of culinary artistry and community spirit. From celebratory gatherings to intimate conversations, these establishments become the stage upon which our stories unfold, forging bonds that transcend the transactional nature of a meal.

Let us embrace and champion the local restaurants that enrich our lives. By patronizing these establishments, we contribute to a healthy and thriving economy while fostering a sense of connection that makes our community strong. As we gather around tables, sharing laughter and breaking bread, we affirm our commitment to the values of community. Each bite we savor is a testament to the power of local restaurants to nourish both our bodies and our souls, forging bonds that make our home a place of warmth, unity, and endless culinary delights. **GN**



Ashlyn Jarman

A Fusion of Artistic Flair & Baking Passion

HOW A VIVID DREAM INSPIRED THE BIRTH OF A BAKING BUSINESS

By Jeriah Brumfield
Photography by Ashleigh Newnes
and submitted by Ashlyn Jarman

IN A world where creativity often yearns for an outlet, Ashlyn Jarman discovered her true calling by craftily intertwining her passion for art and baking.

You can trace her love for baking back to her maternal grandmother, a native of Germany, who taught her the secret art of crafting authentic German cookies.

Today, Jarman continues to honor her heritage by using that cherished recipe to create her irresistible sugar cookies.

The birth of Jarman's thriving baking business was sparked by a dream, transforming her passion into a flourishing reality.

"One day, I had a dream. And I saw the logo and Blessed Be Cakery in my mind as clear as day. And I spent probably two years trying to figure out a name. I just couldn't figure out anything, and it came to me in a dream," the creative said.

"Blessed Be" serves as a well-wish and positivity on others. Jarman desires her business to be a staple of positivity and acceptance for all, regardless of their race or where they're from. It is a safe haven of acceptance and a second home for community members to thrive.

Jarman always stood out creatively, and her artistic talents were evident from a young age. She excelled in art class, effortlessly crafting stunning sculptures and awe-inspiring projects that intrigued her teachers.

At just 13 years old, Jarman brilliantly merged her passion for art with the delicious world of baking, creating a unique and captivating blend of talents.

"I love to try and experiment with new techniques. Palette painting on the cake is so much fun to me."

Jarman is dignified in being a part of her clients' special moments like birthday parties, baby showers, weddings, and numerous other events.

"I like having my little piece in their little special moments, and I just love to be able to put those smiles on people's faces when otherwise there wouldn't be one."

She forged her path to becoming an artist and baker through some of the most challenging circumstances, but she persevered.

"Since I moved halfway across the country, I never had very many friends. So I was always left to my own devices and learning things on my own. And after moving down here, I fell into a really bad bout of severe depression. And baking was one of those things that really brought me



I like having my little piece in their little special moments, and I just love to be able to put those smiles on people's faces when otherwise there wouldn't be one.

- ASHLYN JARMAN



back out of it because I felt my passion and my love for it, and I feel like it saved my life.”

Overcoming challenging experiences, Jarman found solace and gratitude in a tightly-knit community that embraced her and allowed her talents and passions to blossom.

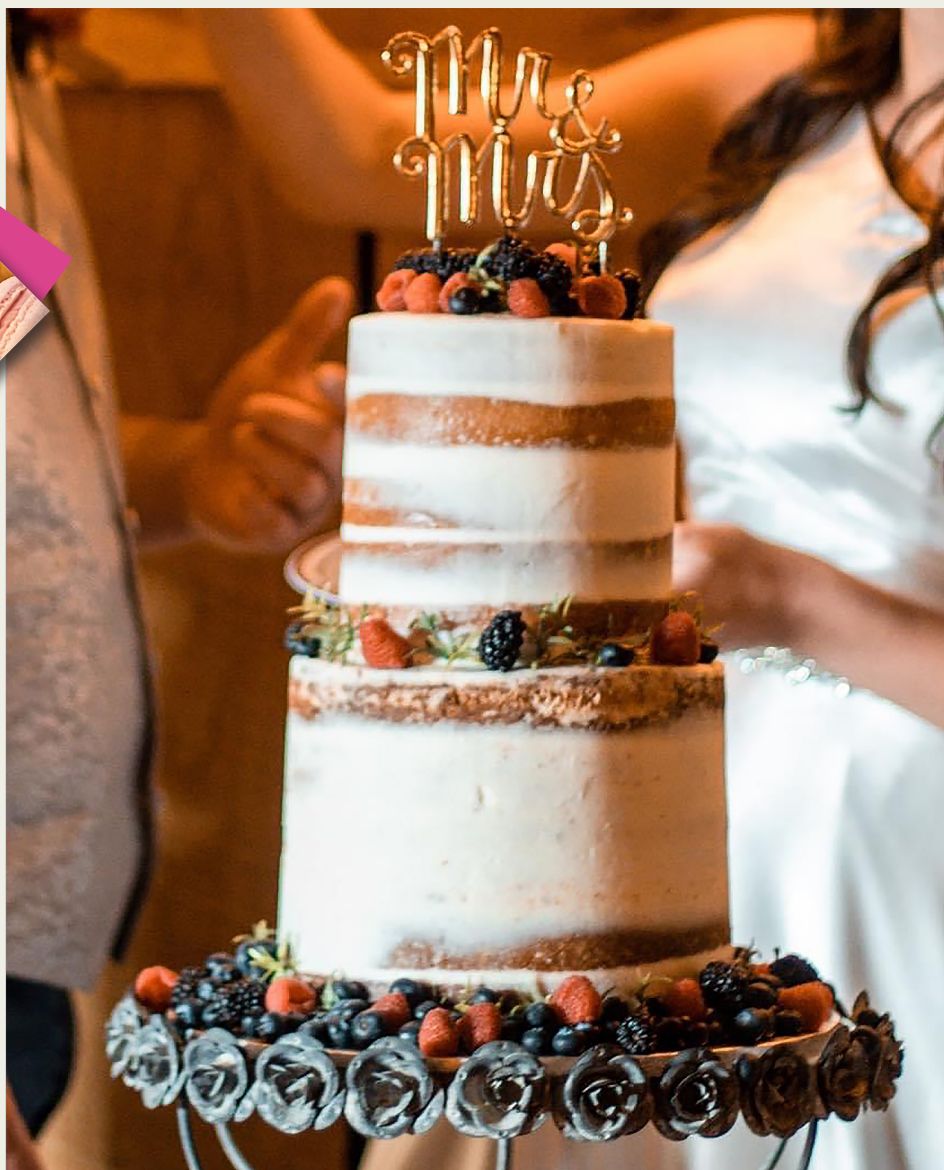
“I got to explore that side of me more. If I hadn't moved down here, I wouldn't have explored baking as much.”

Jarman's Facebook page overflows with gorgeous pictures of her delectable and creatively designed treats. Unique pull-apart cakes, sheet cakes, decorative sugar cookies, and macarons swiftly attract her followers.

Some of her personal favorite cakes are the jaw-dropping T-Rex cake and the adorable “Stitch” cake, both uniquely crafted sheet cakes.

“I had so much fun making those, and I feel like my creativity just flows immensely when I try to make something like that. Because it incorporates things like sculpting and airbrushing, and it's just so much fun.”

When it comes to creativity in baking, Jarman finds the most excitement in making macarons, a complex deluxe treat that takes time and effort to perfect. She made her first batch five years ago.



Jarman's cakes traditionally boast an American buttercream base unless her clients request different ingredients. She either airbrushes the buttercream, makes her own homemade fondant, or uses gum paste and many other ingredients and materials.

With a whole line of gluten-free, vegan, dairy-free, and sugar-free ingredients, she skillfully uses her expertise to maintain the quality and flavor of the treats so her customers can hardly tell the difference between dairy and non-dairy sweets.

Upon simply referencing a photo, Jarman is swift at work creating her own version of those sweet bakery treats.

Jarman soon plans to open up her own brick-and-mortar. And while on her journey, she holds close to the values her mother instilled in her, fully devoting herself to her craft and never giving up, using them as guiding lights in pursuit of her dreams and inspiring others to do the same.

“People can still follow their dreams no matter what they are. And they'll get to where they want to go as long as they believe in themselves.” GN

Visit the Blessed Be Cakery Facebook page or Ashlyn's website at <https://blessedbecakery.wixsite.com/blessedbecakery> to learn more.



Blessed Be
CAKERY

CLEAN



Erica and Ken Jones

Healing the Community Through Food

KEN AND ERICA JONES ESTABLISH A PLACE OF FOOD, COMMUNITY, AND CONNECTION.

By Jeriah Brumfield
Photography by Ashleigh Newnes

ERICA JONES spent most of her life as a vegetarian. As the youngest in her family, her mother raised her as a vegetarian, but she allowed her to venture out and eat meat. But, after the mad cow disease epidemic plagued the U.S. in the '90s, she consciously decided not to eat meat.

She said, "Then, over the years, as we were able to become educated, we were able to see how eating plant-derived foods actually encouraged or brought about a healthier lifestyle."

On the other hand, her husband, Ken, grew up eating meat, delighting in steaks and soul food as a young boy. But after witnessing health issues plague his family and community, he decided to dive in and pursue a healthier diet.

The trials and triumphs they faced in years prior played a part in fostering a more wholesome way of living. But at the core of their unwavering commitment to discipline was their devout faith as Seventh-Day Adventists.

Ken said, "One of the things about Seventh Day Adventism is a message of health. The Lord wants us to prosper and be in health, and He has created an original diet that is best for our well-being."





Their journey to becoming plant-based was a process. As they became more knowledgeable about healthy living, they decided, in 2006, to officially remove meat from their diet as a unit, and transitioned to pescetarianism.

In 2016, after completing a two-year fitness camp in Pennsylvania, Erica and her family eliminated dairy and fish and officially adopted a plant-based diet.

The path to good health is a marathon, not a sprint. It takes time, patience, and dedication.

After years of attending health seminars, vending at local events, and immersing themselves in knowledge about holistic eating habits, the couple, originally from up North, decided to open a plant-based restaurant in Morrison.

The Welcome Table Kitchen and Bakery is a healing haven for all community members, from carnivores to plant-based enthusiasts.

Through food, the Joneses hope to heal and encourage others to embark on their own journey toward good health.

Ken explained, "When you look at the plant-based diet, it lowers type two diabetes



It's really about connecting with them. And most times, when we connect with people, they share some of the things they're going through, health-wise.

- KEN JONES

by 37%. When we talk about healing through foods, it's basically saying there's a lot of foods that we eat, a lot of people don't know, like, sugars and things of that nature, that leads to disease and, ultimately, to death."

The Welcome Table offers healthy meals and camaraderie that nourish the body and spirit.

Walking into The Welcome Table, friendly vibes and catchy music immediately envelop and carry you to another universe where food is more than just sustenance — it's an experience. It's a place



where warm smiles and a sense of belonging are palpable, and you can't help but notice the delicious smell of healthy foods wafting through the air. When writing their reviews, most people comment on the restaurant's inclusive, friendly, inviting atmosphere and flowing music.

Erica continued, "It's really about connecting with them. And most times, when we connect with people, they share some of the things they're going through, health-wise. And then we can start encouraging them on their journey to eat healthier and be healthier."

The BBQ Jackfruit Tacos are a must-try dish on the menu, which has become a popular favorite among customers. But more than simply providing tasty food, Ken and Erica strive to focus on proactive versus reactive eating.

By choosing meals low in sodium, trans fats, and carbohydrates, they're taking preventative measures to ensure their customers' health is in good condition. And instead of using refined oils and sugars, they opt for healthier alternatives like grapeseed, coconut, and olive oils, as well as natural cane sugar.

From food preparation to presentation, everything is health-conscious and delicious. The couple even offers cooking classes, seminars, educational resources, and vegan meals.

Transitioning to a plant-based diet can be complicated. The couple acknowledges that navigating social events and gatherings can be challenging because some may not understand their lifestyle choices.

However, it's their dedication to the benefits of a plant-based lifestyle that keeps them rooted and committed to living a holistic lifestyle.

Their delicious, wholesome meals speak for themselves and dispel stereotypes about plant-based eating.

"We have people come in, and when they order, they're pleasantly surprised that we have a large variety of things on the menu. And people now come, and they work their way down the menu because everything that they have, they enjoy. So that's been a challenge — that kind of stigma of what plant-based is," said Ken.

The Welcome Table LLC is more than just a restaurant; it's a place for the community to heal and connect. Whether a carnivore or plant-based eater, Ken and Erica Jones welcome you with open arms and a plate of delicious, wholesome food.

Everyone is welcome to take a seat at the table. **GN**

Keeping the Southern Spirit Alive

BEN AND MALLORY LAINE KEEP FREDDIE'S SPIRIT ALIVE WITH THEIR DELICIOUS MEALS AND WARM ENVIRONMENT.

By Jeriah Brumfield
Photography by Ashleigh Newnes

STEP INTO Freddie's — the epitome of camaraderie, sports, and all the feels of enjoying fantastic food and fun. As you enter, the scent of delectable barbecued brisket and warm, salted french fries envelop your senses, immediately making you feel right at home. It's as if you're watching the Super Bowl and chomping down on nachos with your friends in your living room — right in your neighborhood.

Freddie, the mastermind behind this haven, discovered his passion for cooking mouthwatering barbecue meals and serving spirits at the tender age of 20 until he passed away years ago.

He infused his heart and soul into the restaurant, creating a home-like environment that attracted friends and strangers alike.

Ben and his lovely wife, Mallory Laine, have since taken the reins and are now Freddie's

official owners and chefs, putting their own spin on the famous barbecue and meat dishes. The oysters and wings have been a staple since the '80s and continue to reign supreme today.

After Freddie's passing, the couple made it their mission to carry on Freddie's legacy of feeding the people and providing good ole Southern fun.

Ben has been whipping up delicious barbecue since he was 15, working as a barbecue cook until he was 18. He has been cooking for small events for 22 years and counting. He initially established a career in cabinetry and later gained valuable experience by working for the school system for a few years.

While working for the county, he obtained the necessary permits and successfully launched his own business, establishing a brewery in the charming town of Hillsboro.





Mallory and Ben Laine



FREDDIE'S
FOOD-FUN-SPORTS-BREWS

FREDDIE'S
FOOD-FUN-SPORTS-BREWS

WARNING
YOU HAVE HEARD THIS BULL BEFORE

WILL YOU STROKER
EXCEL BEAR
BEARS WILL KILL YOU!

RA MO
BUSCH LIGHT
2012 BASKETBALL

IT'S a wing thing

He later resigned from his county position to work as a manager at Freddie's. After three months of managing the restaurant, Ben and Mallory took the reins, and Freddie's legacy has been serving delicious meals since the 1980s.

Ben and Freddie were close friends. Ben recalls often clocking out of his job at the cabinet shop and stopping by the restaurant to share a couple of beers with Freddie before heading home.

"He was just an all-around fun, great guy. Everybody liked him," said Ben. Ben and Mallory strive to give back to the community by pitching in at charity gatherings, putting together ramps for differently-abled people, and supporting many regional activities.

The restaurant aims to provide a safe space where everyone can gather, indulge in great food, watch sports, and have a great time together.

"You get to see your buddies every day. It was the bar I hung out at, and now we've taken and changed it into a family-friendly restaurant. But still, all my buddies I've been hanging out with for the past 10 years will come and visit, so that's really fun. We get to talk to people and meet people, and feed folks. It's always good to see smiles on people's faces."

Ben's unwavering commitment and dedication to curating a welcoming environment where folks can revel in good food and vibes will keep his friend's legacy blazing on for years to come.

Ben and Mallory met in Manchester when he was 18 and she was 16. And three kids later, they are still going strong.

Ben remarked, "We've just got a happy life."

The journey to restaurant ownership presented several challenges, and the process was a learning curve for both of them.



But with their hard work paying off, the couple strives daily to create a welcoming environment for everyone.

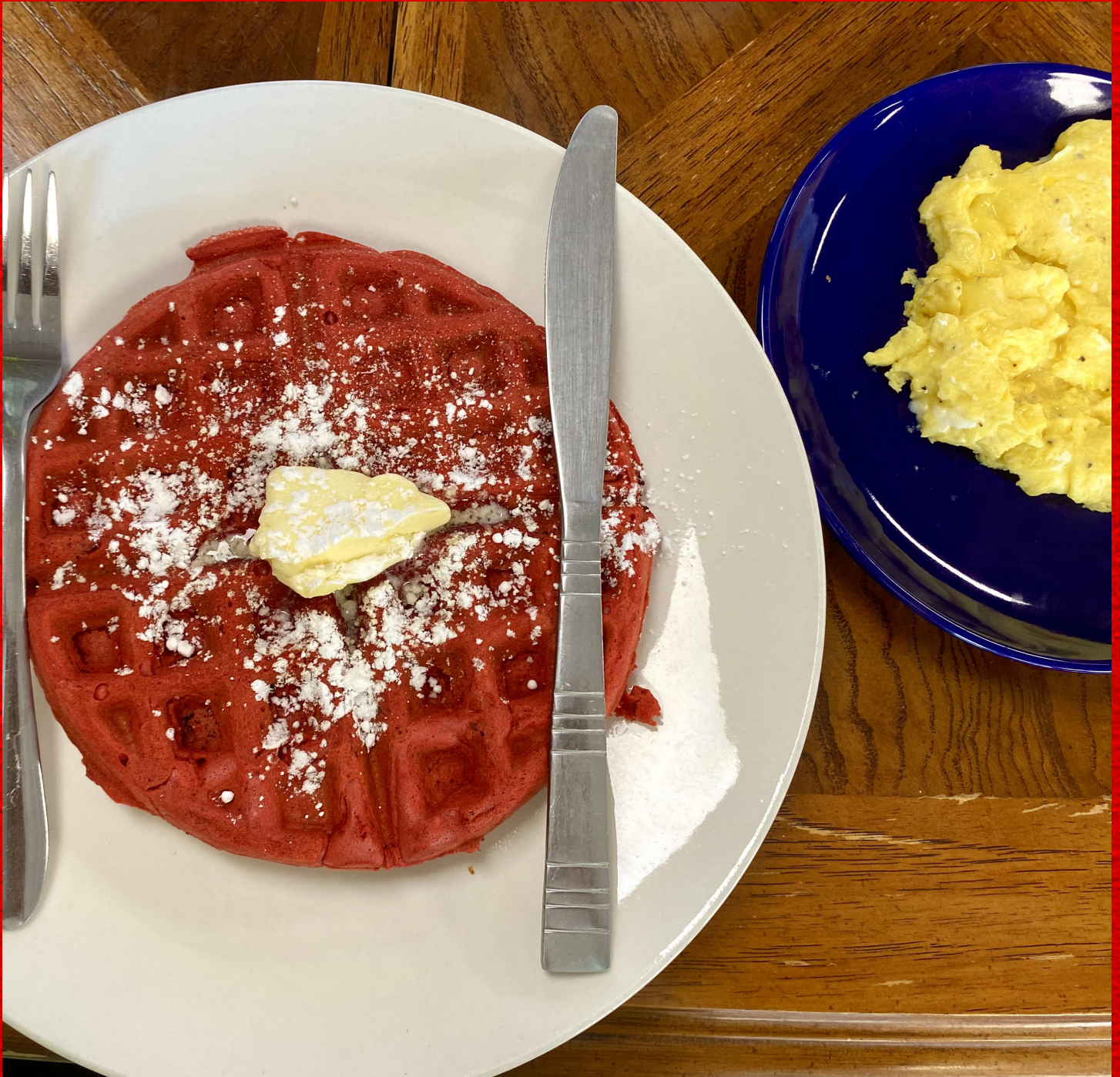
Impressed by Ben's hard work and dedication, the city crowned Freddie's as Manchester's Finest Wings, a staple of Freddie's since the '80s. When they purchased the restaurant, they added steaks and barbecue to this beloved list.

Freddie's has garnered high praises from miles and miles away, with folks traveling from Alabama and even Kentucky all flocking for a taste of Freddie's finger-licking, home-cooked barbecue.

The restaurant has even catered events at The Caverns, crafting tasty meals for famous artists like the VIPs. They have graced various festivals, like "Cave Fest" and other event vendors with their presence.

Though Freddie is no longer with us, his legacy of camaraderie and quality food lives on through Ben and Mallory at Freddie's, where you'll always find a warm welcome, great vibes, and delicious meals.

Ben remarked, "It's a lot of fun. You come to work every day, and your friends come to visit. You sit around, cook food, talk to people, cut up, and laugh. It's just a heck of a fun job." GN





Putting the “special” in specialty items.

Cozy up with a comforting meal and a delicious drink at Good Karma Cafe.

Good News is coming to dinner!

We will feature a local food critic's thoughts as she dines in Manchester. This month Shellymar Repollet visited Good Karma Cafe.

Good Karma Cafe

120 N. Spring St.
Manchester, TN
(931) 273-2367
facebook.com/
goodkarmacafemanchester

THE STEAM wafted toward my face each time I blew into the cup between my palms. “A small latte with lavender and honey, please,” I asked the kind woman at the counter just a few minutes before — my absolute favorite warm drink for chilly, dew-filled mornings and a nice jolt to kickstart the day. As I sipped, I strolled around the cafe, admiring all the local and health goodies lined along the shelves next to motivational quotes and in front of brightly colored walls. The space was quaint, with mismatched seats and tables and a cozy place to bring a book or a laptop to spend fading in and out of time. Deciphering the blackboard menu with its swirls and colors, I noticed the diversity in its choices. Protein shakes, waffles, bagels, specialty teas, melt-in-your-mouth sandwiches, and soups, whether you prefer breakfast, brunch, or lunch, Good Karma

Cafe has an option for you. The bacon, egg, and cheese bagel sandwich was a no-brainer for me — turkey bacon was the star here and also happened to be the most popular item for customers. It consisted of warm fillings contained within a soft bagel and an excellent choice for travelers visiting this town who only have a little bit of time to grab a bite to eat. Another contender, very high up on the list, taunting me with its bright red hue and fluffy nature, was the red velvet waffle. Delicately laying on that plate with a light dusting of powdered sugar and a dollop of butter, I enjoyed every last sweet bite. I decided to pair the waffle with what had to have been some of the silkiest scrambled eggs I've ever tasted. Although the food was delicious, the cozy atmosphere and kindness truly drew me in and provided a space comfortable enough to sit and stay awhile. **GN**



Embracing your “different.”

Discovering your unique purpose through the lens of faith

By Jeriah Brumfield

AS A member of a group of people that only make up about 14% of the country’s population, and as a woman, I have faced unique challenges and experiences that have shaped my identity and journey of faith. I often find it difficult to embrace my “different.”

In the eyes of our Creator, each one of us is unique and created for a purpose. Embracing our “different” — those qualities that set us apart from others — is not only a journey of self-discovery but also an opportunity to deepen our relationship with God and fulfill the plans He has for our lives.

Our Heavenly Father has given us the opportunity to impact our environment and, ultimately, our world by embracing what makes us all inherently unique.

Throughout the Bible, we find numerous examples of individuals who embraced their “different” and, through faith, made a significant impact on the world. From Moses, who led the Israelites out of Egypt despite his speech impediment, to Esther, who used her position as queen to save her people, these inspiring figures teach us the importance of embracing our unique qualities and trusting God’s plan.

As an African American woman, I draw strength from these biblical stories and the countless women of color who have broken barriers and made a difference in the world. So, how can we learn to embrace our “different” through the lens of faith?

REFLECT ON YOUR GOD-GIVEN GIFTS AND TALENTS.

Take some time to consider the abilities and passions that God has instilled in you. These might include your resilience, creativity, leadership skills, empathy, or a strong sense of community. By recognizing these gifts, you’ll develop a deeper understanding of how God has uniquely equipped you to positively impact the world.

SEEK GUIDANCE THROUGH PRAYER AND SCRIPTURE.

As you embrace your “different,” turn to God for guidance and wisdom. Spend time in prayer, asking Him to reveal the purpose behind your unique qualities. Additionally, delve into scripture to discover stories of individuals who overcame challenges and embraced their differences to fulfill God’s plan.

SURROUND YOURSELF WITH A SUPPORTIVE FAITH COMMUNITY

Finding a supportive network of fellow believers, particularly those who share your experiences, is crucial for your spiritual growth and journey toward embracing your “different.” A faith community will not only encourage you in your walk with God but also provide a safe space to explore and celebrate your unique qualities.

USE YOUR “DIFFERENT” TO SERVE OTHERS.

Jesus taught us the importance of serving others, and embracing your “different” provides an opportunity to do just that. Consider how you can use your unique gifts and talents to bless those around you — whether volunteering at your local church, mentoring a younger believer, or using your creative skills to uplift and inspire others, which so many people are already doing within our community.

TRUST THE JOURNEY

Embracing your “different” may sometimes be challenging, especially when faced with societal pressures, timelines, and expectations. Remember to submit to and trust your journey in these moments and draw strength from God’s love and promises. As Jeremiah 29:11 states, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Embracing our “different” is a vital aspect of our spiritual journey and an opportunity to discover and fulfill our unique purpose. By reflecting on our God-given gifts, seeking guidance through prayer and scripture, surrounding ourselves with a supportive faith community, using our differences to serve others, and trusting in God’s plan, we can learn to celebrate our individuality and make a lasting impact on the world, all while deepening our relationship with our Creator. **GN**





Good Times

CHAPTER 3 OF 3

This section of the magazine covers local things to do.

- 60 Bingo!
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Submit a positive story on our website:



goodnewsmags.com

Photography by Ashleigh Newnes

◀ Rhonda Holland, Ellen Briggs, and Sarah Pearson

TIPS

BINGO!

Local cafe offers an evening of fun
for the community

By Kali Bradford // Photography by Kali Bradford



▲ Karoline Bolle



“IT WILL be fun!” I said enthusiastically to two eye-rolling teens as I surprised them with news that we would play Bingo on a Friday night. To say they were not very enthusiastic would be putting it mildly, but my children have learned over the years that old mom has got to have her “adventures,” and they might as well go along for the ride.

Through social media, I learned that a local business, Good Karma Cafe, hosted Bingo. They promoted the event as a great way to meet new people and enjoy community. A lover of all things community, I was immediately interested and decided it would be a fun way to enjoy a night out with my daughters.

At the ages of 16 and 12, there are not many activities to participate in, at least not many that don't garner side-glance and exasperated “I guess” when I ask them to go with me. But, more often than not, once we get there and the festivities begin, there is a thawing of the chilly attitude and even a smile, letting me know that they are actually enjoying it. To further brighten their moods about going, I invited our family friend, Sam, whom my girls adore. So if Sam was going, so were they.

I had called to reserve a table in advance, which they recommended doing. Honestly, I thought finding a seat wouldn't be a problem. I was wrong. The cafe was packed with folks of all ages excitedly waiting to play. Along with Bingo, the cafe also offered supper, which included a heaping plate of baked spaghetti and bread for \$11 that all four of us ate with gusto. There was also chocolate, and patrons were welcome to order off the menu that offers fresh and tasty teas, coffee, protein shakes, and more. The cafe also offers fresh baked goods that will satisfy any sweet tooth.

The event took place from 5 to 7 p.m., during which time we played a handful of rounds of Bingo. Each game offered a prize from a local



▲ Kali Bradford, Karoline Bolle, Greyson Bolle, and Samantha Hale

business. And it's important to note that the two eye-rolling teens suddenly became most interested and invested in taking home one of those prizes. While we didn't win anything, we laughed until our bellies hurt and left with our hearts and bellies filled, which was the only prize needed for this mom.

It was, just as they had advertised, a great way to meet and mingle with others in the community. In today's busy world, I think it is sorely needed. I offer a heartfelt round of kudos to the local business for hosting the event. This won't be the last time Bingo is offered at the cafe, so I encourage locals to follow their Facebook page and be on the lookout for their next Bingo event. I promise you won't be disappointed. GN

Good Karma Cafe is located at 120 North Spring St. in Manchester. For more information, contact them at (931) 273-2367.

Fifth Annual Deviled Egg Competition - April 7, 2023



Photography by Ashleigh Newnes

The fifth annual Deviled Egg Competition took place at Harvest Local Foods, gathering locals to try and judge unique recipes of the popular Southern side dish.



1. Scarlett Henley and Christin Pearson 2. Kimby, Everett, Marcus and Fischer Simmons 3. Elizabeth Beckinbaugh, Rhonda Holland, and Dave Dawe
 4. Elizabeth and Bradley Beckinbaugh 5. Rhonda Holland and Ellen Briggs 6. Lisa Diaz-Barriga, Brad Reid, and Dawne Kowalski

Coffee County Virtual Academy Graduation - May 25, 2023



Photography by Ashleigh Newnes

Fourteen senior students graduated from the Coffee County Virtual Academy, which held its independent graduation ceremony for the first time on Manchester square. The ceremony was followed by a reception at Harvest Local Foods to celebrate the graduates' achievements.



1. Krislyn Martin, Saniyah Vance, Arianna Stacey, Kiara Martin, and Zamiyah Vance 2. Kyle Yonekura, Nicole Kuehn, and Ryder Reich
3. Misty Johnson, Aaliyah Wieland, and Dean Wieland
4. Chase Williams, Will Lowe, Hannah Garner, David Foslom, Marsha McCurdy, Sharon Holt, and Elizabeth Holt

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TULLAHOMA, TN 37388

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10:00 A.M. - 8:00 P.M.
Friday & Saturday
10:00 A.M. - 9:00 P.M.
931-455-9365

EVENTS CALENDAR

July 15

6:00 am **Coffee County
Farmers Market**
216 E. Fort St.
Manchester

9:00 pm **Mark Anthony
& the Mark
Anthony Ensemble**
KrossRoads Eatery
& Showcase
53 Lakewood Dr.
Beechgrove

July 19

5:00 pm **Jacob Bryant
Johnson**
Drafts and Watercrafts
91 Slip-A Way
Winchester

July 20

12:00 pm **Nerf Academy
Day Camp**
Fredonia Community
Center
Matts Hollow Rd.
Manchester

July 21

10:00 am **Southern Farmers
Market Parking Lot**
Southern Farmers
Market Store
2050 Hillsboro Blvd.
Manchester

Come grab something
to eat. Look for our
trailer in the parking lot.

July 22

5:00 pm **Ignite Worship**
Rotary Park
Amphitheater
557 N. Woodland St.
Manchester

A free praise and
worship concert. All are
welcome. Our mission
is to bring people to
the kingdom of God via
praise and worship!

For more information
call (253) 514-2170 or
email Igniteworshipptn@outlook.com.



July 28

**12:01 am Tax-Free
Holiday Begins**
State of Tennessee

No taxes on clothing,
school supplies, or
computers July 28-30.

For more information
visit tn.gov.

July 29

**7:00 pm Forever Abbey
Road Live**
Common John
Brewing Company
210 Woodbury Hwy.
Manchester

Forever Abbey Road
is comprised of four
Nashville musicians who
work hard at creating
a unique show that
demonstrates what the
Beatles might sound
like if they were around
today with current
technology and modern
rock energy.

August 11

**7:00 pm William Lee Golden &
The Golden
in Concert**
Manchester Coffee
County Conference
Center
147 Hospitality Blvd.
Manchester

August 12

7:30 am F.I.T 5k COLOR RUN
F.I.T Beyond Therapy
461 W. Lincoln St.
Tullahoma

**For more events
and to submit
an event visit:**

www.GoodNewsMags.com/events
or call (800) 247-7318



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HUNGRY?

What sounds good?

THE STARTERS

Kettle Chips: \$3.99

Ranch • Jalapenos (+50¢)
Beer Cheese, CJ Sauce (+\$1.00)
Pimento Cheese (Reg. or Jalapeno) (+\$1.00),

Bavarian Soft Pretzel: \$5.99

Beer Cheese (+\$1.00) • Dijon Mustard (+50¢)

Cheesy Bread: \$7.99

Includes Marinara Sauce

THE PIZZA

Specialty: \$10.99

Cheeseburger • Buffalo Chicken • Chicken Bacon Ranch
The Hippie • BBQ Chicken • Nashville Hot Chicken

Build Your Own: \$8.99

The Meats (+\$1.00 ea.)

Pepperoni • Sausage • Bacon • Ham • Beef
Grilled Chicken

The Veggies (+50¢ ea.)

Mushrooms • Black Olives • Jalapenos
Peppers (Bell, Banana) • Onions

The Others (+50¢ ea.)

Pineapple • Hot Honey • CJ Drizzle

NOT THE PIZZA

Reuben Sandwich \$8.99

Includes Kettle Chips & Pickle

Black Angus Hot Dog \$6.99

Includes Kettle Chips
Beer Cheese (+\$1.00)
Sauerkraut, Onion or Jalapenos (+50¢)

Pimento Cheese Sandwich \$5.99

Reg. or Jalapeno Pimento Cheese.
Includes Kettle Chips & Pickle

Oven Baked Wings - 6 Ct. Bone-In \$10.99

Ranch or Blue Cheese (+50¢)
Sauces: Buffalo, Nash Hot, Garlic Parmesan, Jala-Mango,
Bourbon BBQ, Caribbean Jerk (dry rub), CJ Sauce (+50¢)

THE SWEETS

Cinnamon Roll: \$4.99

Cinnamon Sugar Soft Pretzel: \$6.49

Caramel (+50¢) • Icing (+50¢)

THE LIQUIDS

Craft Root Beer: \$2.00

Bottled Coke (20 oz.) • Juices (12 oz.): \$2.50

Monster: \$3.00

Sweet & Unsweet Tea: \$1.50

Lemonade: \$1.50

Bottled Water: \$1.00

*We offer over 70 different craft beers, ciders, seltzers & kombuchas***

*Upon availability. Prices subject to change.



Manchester, Tenn





Los 3 Amigos Eat With Your Friends

AZTECA CHICKEN 10.99
Grilled marinated chicken with cheese dip on a bed of rice.

CHIMICHANGA..... \$12.99
Flour tortilla, stuffed with your choice of beef or chicken topped with cheese, lettuce, sour cream, guacamole & pico de gallo served with rice & beans.

**FAJITAS..... Single \$12.99
Double \$24.99**
Tenders strips of marinated beef or chicken, grilled onion, bell peppers & tomatoes. Served with rice, beans & tortillas. Garnished with lettuce, guacamole, sour cream & pico de gallo.

BURRITOS CALIFORNIA.... \$11.99
Extra large flour tortilla stuffed with grilled steak, rice, beans, lettuce, sour cream, guacamole, & pico de gallo covered with cheese sauce

LA OAXAQUENA \$12.99
Delicious steak strips with poblano, pepper and bacon covered with a lot of melted cheese on top. Includes rice, beans & tortillas

QUESADILLA LOS CABOS.. \$11.49
Two 12" flour tortillas stuffed with grilled chicken, chorizo and cheese, grilled to perfection. Served with rice and beans

QUESADILLA LOS CABOS.. \$14.99
Two 12" flour tortillas stuffed with grilled chicken, chorizo and cheese, grilled to perfection. Served with rice and beans.

NACHOS LOCOS..... \$9.99
Grilled steak or chicken, covered with lettuce, guacamole, sour cream, pico de gallo & jalapeños

ENCHILADAS SUPREME .. \$10.99
Four rolled corn tortillas, one chicken, one beef, one bean & one cheese, covered with enchilada sauce, lettuce, sour cream & cheese.



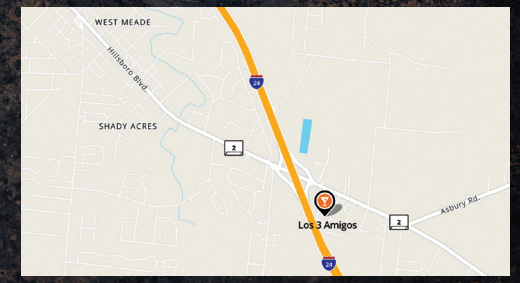
Also offering: Soup & Salad • Fish & Shrimp • Kids Meals • Vegetarian • Margaritas & Beer

Los 3 Amigos

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